

Driver Education  
Classroom and In-Car Curriculum

**Unit 9**

**The Effects of Distractions on  
Driving**



Am I Distracted? Self-Assessment Quiz

Name

Date

Take this quiz from the *National Road Safety Foundation* to determine if you or someone you know is a distracted driver. Your honest answers can save someone's life or even your own.

1. Do you drive?     Yes     No
2. If not, do you correct a driver's irresponsible behavior?     Yes     No
3. Do you buckle your seatbelt before you drive?     Yes     No
4. Do you adjust your seat, mirrors, radio, etc. before driving?     Yes     No
5. Do you get directions to your destination before you drive?     Yes     No

Now read the list below and check all that applies to you or someone you know.

While driving, I / the person driving...

- Buckle seatbelt while driving
- Adjust seat while driving
- Use a cell phone
- Use a hands-free device
- Send text messages / check email
- Read a GPS device / map
- Change stations / CD's
- Listen to an I-Pod
- Watch DVD's
- Apply makeup / shave
- Comb hair
- Eat / drink
- Catch yourself / someone else dozing off
- Reach for personal belongings
- Turn head to talk to fellow passengers
- Engage in intense conversation

Source: *National Road Safety Foundation*

## Unit 9 The Effects of Distractions on Driving

### Potential Distractions Inside the Vehicle

### Worksheet 9.2.1

#### Potential In-Vehicle Distractions

Name \_\_\_\_\_

Date \_\_\_\_\_

List any potential distractions that could occur inside a vehicle while driving.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_



Unit 9 The Effects of Distractions on Driving

Potential Distractions Inside the Vehicle

Worksheet 9.2.2

Potential Dangers and Benefits of Cell Phones in Vehicles

Name

Date

List any potential dangers of having an active cell phone in a moving vehicle.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

List any potential benefits of having an active cell phone in a moving vehicle.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



## Unit 9 The Effects of Distractions on Driving

### Learning Activity 9.2.2 Effects of Distractions Using Addition – Number Matrix

06	17	23	14	01	20
26	31	04	28	33	25
13	19	35	08	12	07
24	10	02	32	36	16
05	29	18	21	34	03
22	09	15	11	30	27

## Unit 9 The Effects of Distractions on Driving

### Learning Activity 9.2.2 Effects of Distractions Using Addition – Letter Matrix

R	D	N	H	B
L	G	S	X	P
C	W	J	K	V
U	A	M	E	T
I	F	Y	O	Q

**Potential Distractions Outside the Vehicle**

**Worksheet 9.3**

**Potential Distractions Outside the Vehicle**

Name

Date

List any potential distractions that could occur outside a vehicle while driving.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Addressing Distractions While Driving**

**Worksheet 9.5**

**Handling Distractions While Driving**

Name

Date

What steps would you take to address the following distractions, should one or more occur while driving?

- 1. A distracting occupant, who is approximately your own age

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- 2. A distracting infant?

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- 3. Vehicle controls requiring adjustment? (mirrors, seat position, steering wheel position, etc.)

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- 4. Getting lost or having to make a route change caused by road construction

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- 5. A loose object, rolling around on the rear floorboard

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- 6. A ringing cell phone?

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## Unit 9 The Effects of Distractions on Driving

### Unit 9 Words to Know Matchup

### Worksheet 9.7

Name \_\_\_\_\_

Date \_\_\_\_\_

Directions: Match the clues on the left with the words in the list on the right. Place the matching letter in the blank to the left of the number.

- |          |  |                         |
|----------|--|-------------------------|
| _____ 1. | One that occurs inside the vehicle, i.e., other passengers, using a cell phone, adjusting controls, eating or drinking, etc.   | A. Distraction          |
| _____ 2. | Common term for sending short text messages from cell phones.  | B. Inattention          |
| _____ 3. | One that occurs outside the vehicle, i.e., crash scenes, objects in roadway, police vehicle, billboards, etc.  | C. Inside distraction   |
| _____ 4. | Results when a situation, event, object or person draws a driver's focus away from driving.  | D. Mental distraction   |
| _____ 5. | When drivers maintain eye contact with a crash scene, even beyond the point that they pass the scene.  | E. Outside distraction  |
| _____ 6. | A type of distraction that takes the driver's mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day. | F. Physical distraction |
| _____ 7. | Occurs when a driver's attention drifts away from driving without having been influenced by a situation, event or person.  | G. Rubbernecking        |
| _____ 8. | A type of distraction that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object.  | H. Text messaging       |

